

## Food for your Emergency Kit

Welcome to week three of [National Preparedness Month](#)! This week we're zeroing in on how to build an [emergency kit](#). One of the most important parts of your emergency kit is food! When packing for an emergency kit, you need to consider what kinds of food to pack and how much. Thankfully, Ready.gov offers a few tips on how to stock your kit with the [food](#) you will need:

- Have at least a three-day supply of non-perishable foods; peanut butter, protein bars and ready-to-eat canned fruits and vegetables are a few examples;
- Choose foods that your family will actually eat so no one goes hungry;
- Remember to pack foods that do not conflict with anyone's dietary needs;
- Avoid foods that will make you thirsty; and
- Pack salt-free crackers, whole grain cereals and canned foods.

Do you have your emergency kit in order? If not, join America's PrepareAthon! on Twitter, [@PrepareAthon](#), and take part in the #BuildaKit scavenger hunt this week!